Your Best Protection is Preparation

ere are many types of emergencies. This Guide offers ormation about those that are large-scale disasters, ecifically destructive weather and acts of terrorism involving emical, biological and radiological agents.

uch a disaster occurs, you may be asked by authorities to e one of two different actions: **SHELTER-IN-PLACE** main in your home or workplace), or **EVACUATE** (leave ur home or workplace). In either case, it is important that u know what your organizations emergency action plan is d what you will have to do incase of an emergency.

e American Red Cross, Ready.gov, and FEMA provide all information you need to make your own Emergency ion Plan. You can call the Red Cross at (309) 743-2166 visit their Website at www.redcross.org. In the meantime, makes good sense to put together some emergency pplies for your home, workplace, and car.

YOUR EMERGENCY SUPPLIES SHOULD INCLUDE:

- A battery powered or wind-up radio.
- Flashlights with fresh batteries
- A first aid kit including emergency medications
- A cell phone (ensure its charged)
- Stored water in sealed unbreakable containers, one gallon for each person for each day up to one week. Water should be replaced every six months.
- A water purification kit in the event you can't boil water if a "Boil Order" is issued by health and safety officials.
- A one week supply of food that doesn't need refrigeration, a manual can opener, and eating utensils.
- Trash bags, duct tape, sheets of plastic, and disposable gloves.
- Fire extinguishers
- Add a shovel, booster cables, fix-a-flat, and flares for your car.

WHEN YOUR CHILD IS AT SCHOOL

Every school has an emergency plan that includes evacuation destinations. Call your child's school now to find the location and write it down here:

Also, find out what you or a designated person will need to provide in order to pick up your child. In the event of an evacuation. You will be notified by school officials where an when your child can be picked up, so make certain the scho has a way of reaching you. Radio or television stations may also carry instructions. Finally make sure your child has identification and phone numbers to reach family or friends

Shelter in Place
Protecting Yourself at Work

In the event of a radiological, chemical, or biological emergency, authorities may direct you to SHELTER-IN-PLACE or EVACUATE. The term "Shelter-In-Place" means remaining inside in order to protect yourself.

If emergency officials advise you to Shelter-In-Place:

1. Stay calm.
2. Stop eating, drinking or smoking immediately.
3. Shut and lock all exterior doors and windows, all air handling equipment should be turned off by a designated person.
4. Proceed to your designated shelter.
5. To improve your shelters efficiency seal all vents and door jams with plastic sheeting and duct tape. If your shelter has a window make sure to cover it with plastic sheeting and duct tape.
6. For a chemical emergency higher is better because most chemicals are heavier than air.
7. For a radiological emergency internal rooms in the basement or down low in the facility are best. The more shielding (walls) the better.
8. For an outside biological emergency higher is better and internal rooms with rooms on the

Mass-Evacuation:
Evacuation of the installation

In some emergencies, you may be asked to evacuate your building but also the entire installation in your POV. In that case, you'll want to be familiar with the RIA Employee Emergency Guide. This guide will inform you how to proceed incase the entire installation is to evacuate. Depending on which quadrant you are in you will have to exit through specific gates regardless of which one you normally use. This guide will help clear the installation in an orderly and speedy manner to help protect the safety of all employees. Your organizations emergency plan o f th

READY ARMY
GET A KIT ▸ MAKE A PLAN ▸ BE INFORMED

Important Public Health and Public Safety Phone Numbers

The following are numbers for disaster and emergency related help and information on the Rock Island Arsenal.

Fire and Emergency Services
EMERGENCY Phone 9-1-1
Business (309) 782-6107

Police
EMERGENCY Phone 9-1-1
Business (309) 782-2686

Please write down your local emergency numbers here.

Fire_____

Police_____

Sheriff_____

Public Health_____

Emergency Services and Disaster Agency_____

Highway conditions_____

Poison Control_____

American Red Cross_____

Add your personal important numbers here.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Your Pocket Guide to EMERGENCY PREPAREDNESS FAMILY HOUSING

READY ARMY
GET A KIT ▸ MAKE A PLAN ▸ BE INFORMED

Call 9-1-1 for an emergency

Where to Find Emergency Medical Care

Hospitals

(*denotes trauma center)

GENESIS

*Genesis Medical Center
1227 East Rusholme St., Davenport, IA 52803
General Information (563) 421-1000

Genesis Medical Center
1401 West Central Park, Davenport, IA 52804
General Information (563) 421-1000
Community Crisis Line (563) 421-2975

Genesis Medical Center DeWitt
1118 11th St., DeWitt, IA 52742
(563) 659-4200

Genesis Medical Center Illini Campus
801 Illini Drive, Silvis, IL 61282
(Off Colona Road & 10th St.)
(309) 792-9363

TRINITY

*West Campus
2701 17th St., Rock Island, IL
(309) 779-5000

7th Street Campus
500 John Deere Rd., Moline, IL
(309) 799-5000

Terrace Park
4500 Utical Ridge Rd., Bettendorf, IA
(563) 742-5000

In the event of Destructive Weather

Destructive weather and its potential for loss of life, injury, and extensive property damage are always a concern.

The following tips will help keep you safe:

Tornado: Go to an interior room on the lowest level of your home. It could be your basement or, if there is no basement, a center hallway, bathroom, or closet on the lowest floor. Keep this place uncluttered. If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area. If you are in a car or mobile home, get out immediately and head for safety (as above). For more information refer to www.redcross.org.

Earthquake:
When the Shaking Starts: DROP to the ground, COVER yourself with a sturdy table or desk and HOLD on tight. If there is no sturdy furniture near by crouch in a near by inside corner, cover head and face with your arms. Stay away from outside walls, doors and windows. **STAY INDOORS UNTIL THE SHAKING STOPS**.
After the Shaking Stops: Get to a safe place outdoors following your family emergency plan. Assume there will be aftershocks. Listen to officials for instructions. If you smell gas notify the 9-1-1 dispatcher. If you know how to shut it off do it. **BUT REMEMBER:** Only a professional should turn it back on. For more information refer to www.redcross.org.

Flood: Avoid moving water. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you. Stay out of any building if it is surrounded by flood water.
Avoid driving in flood waters, a foot of water can float most vehicles including SUVs and Pickup trucks. Contact your floor/area marshal warden for your specific flood procedures. For more information refer www.redcross.org.

In the event of a Radiological Emergency

Exposure to radiation can occur from a nuclear explosion, an accident in a nuclear power plant, or a terrorist attack with a "dirty bomb" (conventional explosives packaged with radioactive materials).

In all cases:

1. **TIME:** Decrease the amount of time you spend near the source of radiation.
2. **DISTANCE:** Increase your distance from the source.
3. **SHIELDING:** Increase the shielding between you and the radiation. Shielding can be anything. Depending on the level of radioactive materials used-a plate glass window to several feet of concrete- can create a protective barrier between you and the radiation source. It will be very important to listen for emergency information about the level and location of the source of radiation.

In the event of a Chemical Emergency

Chemical agents are poisonous gases, liquids or solids that can cause injury, illness and death. Chemical emergencies can be caused by industrial accidents, or through the intentional release of harmful chemicals.

Protection from chemical agents varies. Either **SHELTER-IN-PLACE** or **EVACUATION** orders may be given to provide protection. Local authorities will give these orders only when necessary. Gas masks and protective clothing may help in some instances, but cannot protect you from contaminated food or water. However, not all such gear sold today is suitable for protection. Protective clothing and equipment is also tight fitting and should be tested for fit otherwise it is useless. Learn before you buy.

In the event of a Biological Emergency

Biological agents are bacteria and toxins that can cause disease in people.

Protection during a biological event depends on the agent being used.

For example, anthrax can only affect people who come into direct contact with it and cannot be passed on from person to person. However, Smallpox is highly contagious and would require isolating people who have been exposed. For some biological events, immunizations may be recommended prior if there is a good chance a certain agent will be used, in others antibiotics will be prescribed once a release has occurred. In response to an ongoing biological event, local authorities may give orders for **SHELTER-IN-PLACE** (taking refuge in a small, interior room with few or no windows) or **EVACUATION.**

Decontamination after a CBRNE incident

Most CBRN agents are decontaminated using the same procedures. First off it is of the utmost importance that you stay calm so you can think clearly. It is important to know that removing your clothes as quickly as possible will eliminate 80-90% of the contamination. Once you have removed your clothing you will want to put them in a sealed plastic bag so the contamination does not spread. The MABAS 43 Haz-Mat team will provide decontamination for residents at the Rock Island Arsenal. The Haz-Mat team will direct victims to remove their clothing and shower with the equipment they provide. The first decontamination you may go through will be a gross decontamination which is merely passing through a spray of water from a fire hose or something similar. This will remove the bulk of the contamination. Some agents may require a bleach and water solution while others may just be soap and water. This will be administered using a decontamination vehicle or tent with shower heads and spray wands. Listen to the emergency officials for instructions on how you should proceed. Once you are completed you will be checked to make sure the contamination has been removed and to see if you exhibit any symptoms of exposure. You will be sent to a hospital where they may

How to get information in an Emergency

Local radio and television stations will provide information in the event of a major emergency. A NOAA Weather radio is a good source of weather related emergencies and will give sufficient warning in the event you need to shelter. In some instances, the Emergency Alert System may be activated. Specific emergency instructions will be broadcast by:

RADIO
FM 103.7 WLLR
AM 1420‡ WOC

TELEVISION
WHBF Channel 4
KWQC Channel 6
WQAD Channel 8

Emergency instructions will provide information on whether to evacuate or shelter in place. If you are ordered to evacuate, the radio announcements will also advise you on the safest place to go.

What NOT TO DO in an Emergency

Do NOT go to the hospital except in the case of a medical emergency.

Do NOT light matches or turn electrical switches on or off if you smell gas or think there may be a leak. It is safe to use a flashlight. Also Do NOT use a regular phone. Cell phones are safe to use.

Do NOT turn off any utilities unless you have been told to by emergency authorities – or unless you know there has been some damage to gas pipes, water pipes or electrical lines.

Do NOT drive your vehicle unless you have been advised to evacuate or you have a medical emergency. Be sure to check on road conditions or travel restrictions.

Do NOT call 9-1-1 except in the case of